

**Support for Success**

**Workshop Activity Sheet**

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**Name:**

**College campus:**

**Course:**

**Activity 1**

Take a moment to think of **3 words** you associate with **support**.

Write these words down:

**The words I associate with support are:**

**1)**

**2)**

**3)**

**Activity 2**

**Activity 2**

Think about and note down an occasion in your life where you’ve asked for some kind of help or support.

Write **3 words** to describe how asking for that help made you feel.

**I asked for help or support when….**

**The words I associate with asking for help or support are:**